

1. A flip-flop bicycle pedal, comprising:
- a. a main body pivotable about a transverse axis and having a spindle bolt for connecting to a bicycle, a top side and a bottom side;
 - b. said top side having a toe cleat clamp which conforms to a bottom of a road type bicycle shoe cleat, the toe cleat clamp having a front recess for receiving a front tongue of the road type bicycle shoe cleat and a rear spring-loaded retaining plate pivotable on said main body, the rear spring-loaded retaining plate having a recess for receiving a rear tongue of the road type bicycle shoe cleat and when a force is applied to the spring-loaded retaining plate, the spring-loaded retaining plate moves away from said main body such that the rear tongue engages the recess of the spring-loaded retaining plate, where the spring-loaded retaining plate springs back into a locking position, and thereby locks the rear tongue of the road type bicycle shoe cleat thereto; and
 - c. said bottom side having a toe cleat clamp which is smaller than said toe cleat clamp of said top side and conforms to a bottom of a mountain bicycle type shoe cleat, the toe cleat clamp of said bottom side having a front locking member located adjacent to said rear spring-loaded retaining plate of said top side for receiving a front tongue of the mountain bicycle type shoe cleat and a rear spring-loaded retaining member pivotable on said main body such that a rear tongue of the mountain bicycle type shoe cleat engages inside a recess of the rear spring-loaded retaining plate of said bottom side, where the rear spring-loaded plate of said bottom side springs back into a locking position, and thereby locks the rear tongue of the mountain bicycle type shoe cleat thereto.
2. A bicycle pedal, comprising:
- a. a main body pivotable about a transverse axis and having a spindle bolt for connecting to a bicycle, a first cleat clamp side and a second cleat clamp side;
 - b. said first cleat clamp side conforming to a bottom of a bicycle road shoe cleat and

5 having a recess for receiving a first tongue of the road shoe cleat and a spring-loaded retaining plate pivotable on said main body for receiving a second tongue of the road shoe cleat and when a force is applied to the spring-loaded retaining plate, the spring-loaded retaining plate moves away from said main body such that the second tongue engages the spring-loaded retaining plate, where the spring-loaded retaining plate springs back into a locking position, and thereby locks the second tongue of the road shoe cleat thereto; and

- 10 c. said second cleat clamp side being smaller than said top cleat clamp side and conforming to a bottom of a mountain bicycle type shoe cleat, said second cleat clamp side having a locking member located adjacent to said spring-loaded retaining plate of said top side for receiving a first tongue of the mountain bicycle type shoe cleat and a spring-loaded retaining member pivotable on said main body such that a second tongue of the mountain bicycle type shoe cleat engages the spring-loaded retaining member of said second side, where the spring-loaded retaining member of said second side springs back into a locking position, and thereby locks the second tongue of the mountain bicycle type shoe cleat thereto.

3. A bicycle pedal, comprising:

- 5 a. a main body pivotable about a transverse axis and having a spindle bolt for connecting to a bicycle, a first side and a second side;
- b. said first side conforming to a bottom of a bicycle road shoe cleat and having means for receiving a first tongue of the road shoe cleat and a spring-loaded retaining plate pivotable on the main body for receiving a second tongue of the road shoe cleat and when a force is applied to the spring-loaded retaining plate, the spring-loaded retaining plate moves away from said main body such that the second tongue is retained within the spring-loaded retaining plate, where the spring-loaded retaining plate moves back into a locking position, and thereby locks the second tongue of the road shoe cleat thereto; and
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- c. said second side conforming to a bottom of a mountain bicycle shoe cleat and having a locking member for receiving a first tongue of the mountain bicycle shoe cleat and a spring-loaded retaining member pivotable on said main body such that a second tongue of the mountain bicycle shoe cleat is retained within the spring-loaded retaining member of said second side, where the spring-loaded retaining member of said second side moves back into a locking position, and thereby locks the second tongue of the mountain bicycle shoe cleat thereto.
4. The bicycle pedal in accordance with Claim 3, wherein said second side is smaller than said first side.

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